

Year 9 PHYSICAL EDUCATION



Topic Titles

Autumn and Spring Term

Sports:

- Rugby
- Hockey
- Netball
- Football
- Gymnastics and Dance
- Badminton
- Basketball
- Cross Country

Summer Term Sports:

- Tennis
- Pickleball
- Athletics
- Rounders
- Cricket

Extra-Curricular Sports:

Everything above incl.

- Dance
- Strength & Conditioning
- Table Tennis
- Yoga

Intent

As a Physical Education department, our main ambitions fall under three categories:

1. Essential & Fundamental Body Management Skills whilst learning Sport Specific Skills.
2. Promotion of Physical Fitness as Fun.
3. Developing Teamwork, Sportsmanship & Cooperation.

We want to inspire every student to pursue a life-long participation in sport. Whether this be at the highest professional level possible in a particular discipline or simply to inspire a student to continue to live a healthy-active lifestyle

Links with other subjects

Science: Anatomy and Physiology, Cardiorespiratory, Short and Long term effects of exercise.

Maths: Measuring our Athletics times and Distances. **Music:** Understanding Rhythm, Unison & Cannon for Gymnastics and Dance.

Geography: Cross Country, enjoying and respecting the natural environment. Learning about different flags and countries during World Cups. **History:** Why games were invented, strange rules that they involve, records and how we can break them.

How will knowledge and skills be taught?

Physical Education lessons always start with a functional fitness Warm up where students work on mobility, strength, cardiovascular endurance and speed movements.

Lessons explore strategies and tactics and refine skill development building on year 7 and 8.

Students are guided through team working and leadership activities where all will develop their personal, social and physical skills.

How can parents help?

By encouraging and enabling students to attend extra-curricular sports clubs or clubs outside of school.

Watch Live Sport – Live Sport provides a great sense of excitement for anyone involved, whether it on the TV or at the local sports club. Pop out and watch anything you can!

BY JOINING IN! – Your child is much more likely to take part if you do too!

Recommended Reading and Preparation for Learning

The Talent Code – Daniel Coyle

Bounce – Matthew Syed

Born to Run – Christopher McDougall

Black Box Thinking – Matthew Syed
Local Newspapers – Sport Sections
(Celebrating local sporting achievements)

BBC SPORT – YouTube
BBC SPORT – Website and App
(Great highlight videos and some interesting articles)